

**WHAT WE CLAIM IS:**

1. A liner having an inner face and an outer face, the inner face having therein a channel open at one end and closed at the other end, the channel  
5 being substantially of constant width and depth over at least a substantial portion of the length of the channel, and at least part of the inner face being shaped to substantially approximate the contours of a selected joint of the human body.
- 10 2. A liner as claimed in claim 1 wherein the liner is elongated, and the channel runs substantially axially along the liner.
3. A liner as claimed in claim 1, wherein the liner has a concavity therein, the closed end of the channel being at or about the concavity.
- 15 4. A liner as claimed in claim 1 further including a substantially rigid cover and shaped to receive the outer face of the liner.
5. A liner and cover as claimed in claim 4 wherein the cover and liner are  
20 adhered one to the other.